



## NATIONAL FOOTBALL LEAGUE

**ROGER GOODELL**

*Commissioner*

May 21, 2010

Constituent Services  
Office of the Governor  
Date

The Honorable Gary Richard Herbert  
Governor  
Office of the Governor, State of Utah  
P.O. Box 142220  
Salt Lake City, UT 84114-2220

MAY 27 2010

Dear Governor Herbert,

We in the NFL are asking for your assistance in addressing an important medical issue affecting young athletes in your state.

The Centers for Disease Control estimates that there may be as many as 3.8 million sports and recreation-related concussions in the United States each year. These injuries are sustained by both boys and girls in numerous contact sports.

The NFL has taken a much more aggressive approach in recent years in identifying and treating concussions among our own players. We have implemented an awareness campaign to make certain that everyone in the league, including players and coaches, is better equipped to identify concussion symptoms. Our primary rule is: the medical staffs determine when a player is ready to return, not the coach nor the player himself.

Given our experience at the professional level, we believe a similar approach is appropriate when dealing with concussions in all youth sports. That is why the NFL and its clubs urge you to support legislation that would better protect your state's young athletes by mandating a more formal and aggressive approach to treatment of concussions.

Such legislation has been signed into law in several states. For example, legislation was passed in Washington State in 2009 named for Zackery Lystedt who was a star football player on his youth team. He was permitted to return to play in a game following a concussion and then suffered life-threatening injuries.

Zackery, his family and a broad range of medical, business and community partners lobbied the Washington state legislature for a law to protect young athletes in all sports from returning to play too soon. The Lystedt law contains three essential elements:

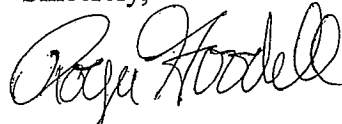
1. Athletes, parents and coaches must be educated about the dangers of concussions each year;
2. If a young athlete is suspected of having a concussion, he/she must be removed from a game or practice and not be permitted to return to play, and;
3. A licensed health care professional must clear the young athlete to return to play in the subsequent days or weeks.

We would urge that similar legislation be adopted in your state.

As you consider the importance of this youth sports concussion legislation, we would be pleased to provide assistance and further share our knowledge of similar legislation in other states. Please ask your staff to contact Joe Browne, the NFL's chief executive for governmental affairs, at [joe.browne@nfl.com](mailto:joe.browne@nfl.com) for additional information.

We believe that sports and political leaders can help raise awareness of these dangerous injuries and better ensure that they are treated in the proper and most effective way. Young athletes as well as parents, coaches and school officials in your state will thank you for taking a stand on this important issue.

Sincerely,

A handwritten signature in black ink, appearing to read "Roger Goodell", written in a cursive style.

ROGER GOODELL